

EACH

Psychological Strategies



Are you or someone you know experiencing anxiety and depression?

The Psychological Strategies program provides group therapy and counselling for people of all ages with or at risk of developing a mild to moderate mental illness.

The program offers support through:

- Therapeutic and skill-based groups
- Individual counselling
- Support for people of all ages
- Support with referrals to other services in the community

All participants in this program will require a Mental Health Care Plan from their Doctor.

This program is offered at EACH centres in the following regions:

Whitehorse, Knox, Yarra Ranges, Monash, Whittlesea and Maroondah

For more information on the Psychological Strategies program contact EACH on: **1300 003 224**

To be referred to Psychological Strategies, contact the Eastern Metropolitan Primary Health Network's Referral and Access Team on:

Phone: 9800 1071

Secure Fax: 8677 9510

Email: referral.access@emphn.org.au

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